

# Fitness Rap

*By Wendy Jensen*

Fit and healthy, fit and healthy,  
I'm fit and healthy and I want to stay that way,  
I'm fit and healthy exercising everyday.

Run on the spot ooh-ah, ooh-ah,  
Run on the spot ooh-ah, ooh-ah,

Fit and healthy, fit and healthy...

Stretch up tall and wave from side to side,  
Stretch up tall and wave from side to side,  
Run on the spot ooh-ah, ooh-ah,  
Run on the spot ooh-ah, ooh-ah,

Fit and healthy, fit and healthy...

Jumping jacks, jack, jumping jack,  
Jumping jacks, jack, jumping jack,  
Stretch up tall and wave from side to side,  
Stretch up tall and wave from side to side,  
Run on the spot ooh-ah, ooh-ah,  
Run on the spot ooh-ah, ooh-ah,

Fit and healthy, fit and healthy...

Do the swim, yeah, do the swim,  
Do the swim, yeah, do the swim,  
Jumping jacks, jack, jumping jack,  
Jumping jacks, jack, jumping jack,  
Stretch up tall and wave from side to side,  
Stretch up tall and wave from side to side,  
Run on the spot ooh-ah, ooh-ah,  
Run on the spot ooh-ah, ooh-ah,

Fit and healthy, fit and healthy...

Fit and healthy, fit and healthy. (Repeat)



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